

## Head Injury/Concussion Return to Play

### Important points to review:

- Concussion occurs when the head receives a strong force. This does not always occur via a direct blow to the head, therefore any rider who falls is at risk for a concussion.
- Someone may have a concussion even though they did not lose consciousness.
- A rider with any symptoms of concussion should be immediately referred to medical care for evaluation and management by a health care professional trained in concussion evaluation and management.

- A rider who is diagnosed with a concussion should have a return to play plan designated by their physician that includes a graded challenge of activities. Each stage should take at least 24 hours.

At the earliest, the rider could consider returning to full activity after 7 days, but it may weeks or months.

Date of Incident \_\_\_\_\_ Region \_\_\_\_\_

Club/Center \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Certification \_\_\_\_\_ Phone \_\_\_\_\_

### Physician Evaluation:

- Stage 1: Physical and cognitive rest: (no sports, no school work, no studying for Pony Club and no video games)
- Stage 2: Light aerobic exercise to test for symptoms when heart rate is elevated: Rider should tolerate light exercise that elevates the heart rate to 70% maximum predicted rate (example: walking on foot)
- Stage 3: Tolerating movement related to riding: Rider should tolerate simulated trotting by hopping up and down; rider should be able to run and jump on foot.

\_\_\_\_\_ has demonstrated the above and may return to play.

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

### Parent/Self Evaluation:

- Stage 4: Tolerate very simple riding activity: For Pony Club, rider should be able to show good coordination and judgment riding on the flat in an enclosed area. This stage tests movement combined with the use of the brain for coordination and thinking.
- Stage 5: Tolerate isolated more complex riding activities: The rider should be stored for tolerance and performance in more complex activities such as jumping or riding a memorized dressage test.
- Stage 6: Return to normal full riding activities

\_\_\_\_\_  
USPC Member signature if Member is of age of majority in their state of residence.

\_\_\_\_\_  
Date

OR

\_\_\_\_\_  
Parent/Guardian Signature if Member under age of majority in their state of residence.

\_\_\_\_\_  
Date

### Reference:

*P. McCrory, W. Meeuwisse, K. Johnston, J. Dvorak, M. Aubry, M. Molloy, R. Cantu. Consensus statement on concussion in sport – the 3rd International Conference on Concussion in Sport, held in Zurich, November 2008. Journal of Clinical Neuroscience 16 (2009) 755-763*